

# Are you pregnant? Ask your provider about Centering.

Empowering and clinically proven prenatal care that combines expert healthcare with group support. You will experience 10 small interactive and fun group sessions with pregnant people just like you.

## Better Health Outcomes

Clinically proven better health outcomes such as reduced risk of preterm birth.

## More Time with Your Provider

More hours of prenatal education so you feel ready and confident to birth and care for your baby.

## Patient-Centered Healthcare

Empowering patient-centered healthcare with support and friendship from your group members.



Ask your provider  
about Centering.  
717-299-6371



Scan the QR code to learn more about the Centering experience.

Talk to your care team today to learn more.

- No additional costs
- Easy to enroll

## The Centering Visit

- Skip the waiting room! Join your fellow parents for social time and a snack.
- Birthing parents engage in their care by taking and recording their own vitals.
- Private time with your provider for a health assessment and belly check.
- Facilitators lead discussions and interactive activities to address health topics.

## Frequently Asked Questions

### What is Centering?

Centering is patient-centered care. The visit schedule and content follow nationally recognized guidelines with flexibility and time to explore health and wellness topics that fit your needs.

### How does it work?

You will experience small, interactive and fun group sessions with pregnant people just like you. Centering group prenatal care follows the recommended schedule of 10 prenatal visits, but each visit is 90 minutes to two hours long - giving women 10x more time with their provider.

### How can I sign up?

Ask your care team today! Your sessions will be scheduled in advance and you can return to individual care any time you like.



# 97%

of patients are  
"highly satisfied"  
by their Centering  
experience